

DECEMBER 2006 TRIPS

Tickets on Sale:  
Members November 3, Non-Members November 10

**Fantasy of Lights Tour**  
Experience miles of captivating light displays. This time-less tradition continues to grow each year.  
**Date:** Tuesday, December 5  
**Time:** 6:00 p.m. - 10:00 p.m.  
**Cost:** Members \$5 / Guests \$7

**Broward on Broadway "Grease"**  
Take a trip to the 1950's when life was much simpler. This is the longest running musical and was also a successful movie.  
**Date:** Sunday, December 10  
**Time:** 12:00 p.m. - 4:00 p.m.  
**Cost:** Members \$12/ Guests \$14

**Day at the Hard Rock Casino**  
Enjoy an exciting day of dining, shopping, gambling and entertainment. Receive \$10 free play and \$5 food voucher.  
**Date:** Thursday, December 14  
**Time:** 9:45 a.m. - 4:30 p.m.  
**Cost:** Members \$5 / Guests \$7

**Actor's Playhouse**  
**"White Christmas" & Tuscany Restaurant**  
Enjoy a delicious dinner, then it's off to a wonderful show. White Christmas is full of dancing, laughter and some of the greatest songs ever written.  
**Date:** Wednesday, December 20  
**Time:** 4:45 p.m. - 11:00 p.m.  
**Cost:** Members \$46 / Guests \$48.

**Calder Race Track**  
Enjoy a beautiful day outdoors and cheer on a favorite horse.  
**Date:** Friday, December 29  
**Time:** 10:45 a.m. - 5:00 p.m.  
**Cost:** Members \$3 / Guests \$5

  
Sunrise Senior Center  
10650 W. Oakland Park Blvd.  
Sunrise, FL 33351

JANUARY 2007 TRIPS

Tickets on Sale:  
Members December 8, Non-Members December 15

**Sugar Rice Tour**  
Visit the Sem Chi Rice Mill where we will see rice being processed from the field to the finished product. Then we are off to the Okeelanta packaging and distribution center to learn about the environmental and agricultural aspects of the sugar industry. Trip includes lunch and a sample of rice and sugar.  
**Date:** Thursday, January 11  
**Time:** 8:15 a.m. - 5:00 p.m.  
**Cost:** Members \$16 / Guests \$18

**Billie Swamp Safari**  
Experience the Everglades during one of the Eco-Tours. Enjoy an airboat ride on a trail where you will see a delicately balanced ecosystem at their rookery & in their cypress domes. Also, don't miss the Swamp Critter show & the Reptile show that combines entertainment & education. A boxed lunch will be served.  
**Date:** Tuesday, January 16  
**Time:** 9:30 a.m. - 4:30 p.m.  
**Cost:** Members \$33 / Guests \$35

**FAU "Borsht Belt to Broadway: The 3 Cantors"**  
The 3 Cantors will be returning in a brand new show. The music will cover a range of styles & languages. Enjoy international standards, opera & Broadway. Opening will be the Borscht Belt Babes will dazzle us with many familiar favorites.  
**Date:** Sunday, January 21  
**Time:** 5:45 p.m. - 11:00 p.m.  
**Cost:** Members \$37 / Guests \$39

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NOVEMBER 2006

SUNRISE SENIOR CENTER  
10650 West Oakland Park Boulevard • (954) 746-3670 • www.sunrisefl.gov  
Activities

Special Events, Seminars & Classes

**Relaxation & Meditation**  
*Wednesdays, November 15 & November 29*  
Healthier living is the key to a longer, more productive life. We are proud to present "Raja Yoga Meditation" exercise of the mind. No physical exercise involved. Learn to find peace within, use guided imagery, positive thinking, elevated thoughts & much more.  
Time: 1:00 p.m. - 2:00 p.m.

**Krafty Korner**  
*Thursday, November 9 - Harvest Cinnamon Cookie Jar*  
Create something sweet just in time for the holidays! This will make the perfect gift. Limited space is available. Register now. Time: 9:30 a.m. Cost: Members \$5/ Non-Members \$7

**Blood Pressure Checks**  
*Friday, November 10*  
Having your blood pressure checked regularly leads to having a better lifestyle. The second Friday of the month, Sunrise Fire-Rescue will check your pressure free. Time: 10:30 a.m. - 11:30 a.m.

**55 Alive Defensive Driving Course**  
*Wednesday & Thursday November 8 & 9*  
This two-day course is from 9:00 a.m. - 1:00 p.m. Bring a \$10.00 check payable to A.A.R.P. to the class. Members sign up Tuesday, November 2, non-members November 9.

**Green Thumbs**  
*Wednesday, November 22 - Thanksgiving Centerpieces*  
Create your own special holiday nature craft for your home & family. This will be the perfect accent to any table. Registration begins Wednesday, November 1. Class begins at 10:30 a.m. Members \$1/ Non-Members \$3.

**Book Review**  
*Friday, November 17 - "Shades of Grace" by Barbara Delinsky*  
This is an unforgettable story about 3 generations of

women in one family, examining the limits of love, responsibility & commitment. Program begins at 12:00 noon. Bring a friend & enjoy light refreshments.

Classes




**Beading Class**  
*Mondays, November 6 - 20 (Netted Necklace)*  
Materials required: 2 tubes of seed beads size 11, 2 tubes of seed beads complimentary color size 11, 9 Czech Fire polished beads, 1 "S" hook, 2 clam shells, 2 closed jump rings, 1 spool sono beading thread, 2 big eye needles, beading mat, scissors, clear nail polish, & makeup sponge. Mondays at 1:00 p.m. Register now.

**Sewing Creations**  
*Thursdays, November 2 - 30 - Hat Project*  
Join us for this all-new class. Learn how to sew, & use basic stitches to complete wonderful monthly projects. Thursdays at 1:00 p.m. Register now.

**Intermediate Painting**  
This 6-week painting class runs Wednesdays 10/25 - 11/29. Learn advanced techniques to perfect your skills. You must bring your own supplies to the class. Time: 1:30 - 3:30 p.m. Space is limited. Register now. Members \$10 / Non-members \$12

**Beginners Painting**  
This 6-week painting class runs Fridays 10/27 - 12/8 (skip 11/24). Learn the basic techniques of the many medias of painting. Learn color mixing, shading, lighting & much more. You must bring your own supplies to the class. Time: 1:30 - 3:30 p.m. Space is limited. Register now. Members \$10 / Non-members \$12

**Open Computer Lab**  
Any senior interested in practicing their skills, sending e-mail, doing Internet searches this time is for you. An instructor is available for questions & assistance. The lab is open from 9:30 a.m. - 11:30 a.m. This is for Sunrise residents who are Senior Center members, over the age of 62. There is no charge for this free course.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TRIP & TICKET POLICIES
9:00 a.m. - 10:30 a.m. <b>Sunrise Woodcarvers</b> <i>Arts &amp; Crafts Room</i>	9:00 a.m. - 10:00 a.m. <b>Tai Chi</b> <i>Burgundy Room B</i>	9:00 a.m. - 12:00 p.m. <b>Senior Bowling League</b> <i>Strikers Lanes</i>	9:30 a.m. - 11:00 a.m. <b>Bereavement Support Group</b> <i>Classroom</i>	9:30 a.m. - 10:30 a.m. <b>Stretchersize &amp; Hand Weight Training</b> <i>Burgundy Room A</i>	<ul style="list-style-type: none"><li>• When purchasing tickets, please indicate the full name of your guest.</li><li>• When you are called about a food choice for a trip, you must return the call within 2-3 days, otherwise a choice will be made for you. No changes can be made 7 days prior to the trip or at the restaurants.</li><li>• Trips departing before 3:30 p.m. leave from the Civic Center east parking lot.</li><li>• If you purchase a ticket and later sell or give it to someone you must contact a Senior Center staff member to make a name change on our master roster.</li><li>• A Group Leader is available on most trips. In their absence, the Bus Driver will act as Group Leader. The Group Leader checks all participants in and assists in providing you with the best possible experience.</li><li>• Please occupy the same bus seat on the way to and from an event.</li><li>• Members MUST be present to purchase tickets. You may, however, buy a ticket for a member who resides in the same household as you, provided you present their I.D. card.</li><li>• You may purchase one additional ticket (at the higher guest price) for each member ticket purchased. Two tickets maximum per person.</li><li>• No tickets will be sold before the published sale date. Sales commence at 9:00 a.m.</li><li>• Current I.D. cards must be presented for any transaction.</li><li>• Non-members may purchase tickets, based on availability, at a later date. Check with the front desk for open sale dates.</li><li>• No membership renewals or new members will be accepted on the morning of ticket sales.</li><li>• Refund Policy: The City reserves the right to retain fees to cover expenses non-refundable to the City.</li><li>• If a minimum number of people is not reached program maybe cancelled.</li></ul>
10:00 a.m. - 11:30 a.m. <b>Senior Fitness</b> <i>Civic Center Athletic Club</i>	9:30 a.m. - 11:00 a.m. <b>Open Computer Lab</b> <i>Classroom</i>	12:00 p.m. - 3:00 p.m. <b>Bridge (Open Play)</b> <i>Burgundy Room A</i>	10:00 a.m. - 11:30 a.m. <b>Senior Fitness</b> <i>Civic Center Athletic Club</i>	10:30 a.m. - 12:30 a.m. <b>Pan Lessons</b> <i>Arts &amp; Crafts Room</i>	
1:00 p.m. - 3:00 p.m. <b>Open Craft Class</b> <i>Arts &amp; Crafts Room</i>	9:30 a.m. - 12:00 p.m. <b>Mah Jongg Class</b> <i>Burgundy Room B</i>	1:00 p.m. - 2:00 p.m. <b>Relaxation &amp; Meditation</b> <i>Burgundy Room B (2nd &amp; 4th Wed.'s Only)</i>	10:00 a.m. - 12:00 p.m. <b>Line Dancing</b> <i>Burgundy Room A</i>	1:00 p.m. - 2:30 p.m. <b>Choral Group</b> <i>Burgundy Room A</i>	
1:00 p.m. - 3:00 p.m. <b>Beading Class</b> <i>Burgundy Room B</i>	10:00 a.m. - 11:00 a.m. <b>Senior Aerobics</b> <i>Burgundy Room A</i>	1:00 p.m. - 3:00 p.m. <b>Intermediate Computers</b> <i>Classroom</i>	1:00 p.m. - 4:00 p.m. <b>Sanctioned Duplicate Bridge</b> <i>Burgundy Room A</i>	1:00 p.m. - 2:30 p.m. <b>Beginners Painting</b> <i>Arts &amp; Crafts Room</i>	
<b>Monday Classic Movies</b>	12:30 p.m. - 3:30 p.m. <b>Mah Jongg &amp; Gametime (Open Play)</b> <i>Burgundy Room B</i>	1:00 p.m. - 2:00 p.m. <b>Intermediate Painting</b> <i>Arts &amp; Crafts Room</i>		1:00 p.m. - 2:30 p.m. <b>Bingo</b> <i>Burgundy Room B</i>	
<i>Enjoy classic movies at 12:30 p.m. in Burgundy Room A</i>	1:00 p.m. - 3:00 p.m. <b>Beginners Computer Class</b> <i>Classroom</i>	3:00 p.m. - 4:30 p.m. <b>Singles Club</b> <i>Burgundy Room B</i>	<b>FEATURES OF THE MONTH</b>		
November 6 <b>Highlander the Final Dimension</b> Christopher Lambert, Deborah Unger	<b>SPECIAL EVENING HOURS</b> 6:00 p.m. - 9:00 p.m. <i>Open Game Room</i>	<b>New Release Tuesday Movies</b>			
November 13 <b>Terms of Endearment</b> Jack Nicholson, Shirley Maclaine	6:00 p.m. - 9:00 p.m. <b>Woodcarving</b> <i>Arts &amp; Crafts Room</i>	<i>Enjoy "New Release" movies at 12:30 p.m. in Burgundy Room A</i>			
November 20 <b>The Alamo - 13 Days to Glory</b> James Arness, Kathleen York	6:30 p.m. - 8:30 p.m. <b>Beginners Computer Class</b> <i>Classroom</i>	November 7 <b>Take the Lead</b> Antonio Banderas 1 Hr, 20 (PG-13)			
November 27 <b>No Movie</b>	7:00 p.m. - 9:00 p.m. <b>Twilight Dance</b> <i>Burgundy Room A&amp;B</i>	November 14 <b>Fun with Dick &amp; Jane</b> Jim Carrey, Tea Leoni 1 Hr, 30 Min (PG-13)			
		November 21 <b>Mission Impossible</b> Tom Cruise			
<b>THE SENIOR CENTER WILL BE CLOSED NOVEMBER 23 &amp; 24.</b>		November 28 <b>No Movie</b>			
					
<b>HAPPY THANKSGIVING!</b>					

# SUNRISE SENIOR CENTER

10650 West Oakland Park Boulevard • (954)746-3670 • [www.sunrisefl.gov](http://www.sunrisefl.gov)

## HEALTH & WELLNESS PROGRAMS

Friday, November 3

### "How to prepare for the Flu Season"

Dr. Carlos Levy, M.D. will discuss flu season preparation. The Sunrise Senior Center and the North Broward Hospital District Weston Regional Health Park are proud to present the "Healthier Community Lecture Series" Lectures are free for Senior Center members and non-members but reservations are required. Call the Senior Center or stop by the front desk to register. Come at 11:00, bring a bag lunch to have at noon and we'll provide your dessert... round out the afternoon with friendly and free games of bingo at 1:00 p.m. Sign up now!

November 7

### Mammovan

Make your appointment today for the mobile mammography unit. The exam fee is \$58.00 and they will accept insurance coverage for payment (no HMO's please). Call our Social Worker at (954) 746-3682 to make your appointment.

Monday, November 13

### Arthritis & Fibromyalgia Self Help Support Group

Effective communication is vital in dealing with everyday aspects of Arthritis & Fibromyalgia. Join us in this open forum setting to discuss the obstacles & ways to deal with these issues. Time: 1:00 p.m. - 2:00 p.m.

November 9

### Wellness Screening

If you are 60 years or older, come participate in a free & confidential screening. Broward County Elderly & Veteran's Services counselor will be here to assist you if you sometimes have problems with depression, or lack of interest in your usual activities & friends. Don't be afraid to call. Confidential. Sign up with Sunrise Social Worker Joan Drapala at the Senior Center. Available by appointment only.



## POPS UPDATE

### SUNRISE SYMPHONIC POPS ORCHESTRA

This intergenerational group of musicians has been entertaining audiences for the past 18 years. These concerts are held on Sunday afternoons at 2:00 p.m., **December 3, January 21, March 11, April 15 and May 13** at the American Heritage School Main Theatre, 12200 W. Broward Blvd., Plantation. Tickets are \$16 per concert. For more information, please call 954-747-4631.

## SUNRISE CIVIC CENTER GALLERY

### The Blues

Featuring 2+3: The Artists' Organization  
On Exhibit through December 2, 2006

The 2+3 Artists' Organization is comprised of professional artists who maximize exchange, foster experimentation and dialogue, and stimulate new ideas, free of judgment, hierarchy and competition. 2+3 is an active organization, where shared ideas have flourished in response to society's fundamental need for artists, and in artists' needs for a community like 2+3.

*The Blues* offers the opportunity for a variety of interpretations based on each artists' creative energy, vision and life experiences. For more information on the 2+3 artists, you may access their website at [www.2plus3.org](http://www.2plus3.org).

10610 West Oakland Park Blvd.  
Open Tuesdays, Wednesdays, Fridays, and Saturdays  
10:00 am - 2:00 pm • Free Admission